



Get to know where to go

NHS
Greater Manchester

Getting to know which NHS service to use means you can get treated sooner



Pharmacy

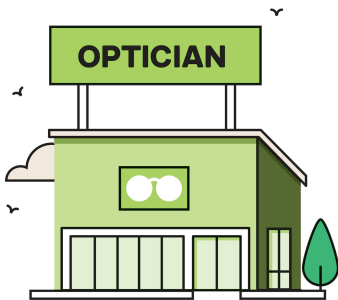
Pharmacists can help with minor illnesses and injuries and can recommend over-the-counter medicines. You don't have to book an appointment and most have private rooms.

nhs.uk/find-a-pharmacy



Dentist

If you have a sore mouth, teeth or gums, contact a dentist. Your GP can't help. If you don't have one, or they're closed, call **033 332 3800**



Optician

Use your optician for any eye problems, like pain, flashes, floaters or sudden vision or sight changes. If you need urgent help and your regular optician is closed, go to: primaryeyecare.co.uk/find-a-practice



GP Practice

Most GP practices are open 8am - 6.30pm. The GP out-of-hours service is there when your GP practice is closed. For more information call your GP practice in the usual way and listen to the recorded message.

Before you make an appointment to see your GP, think about what other services might be able to help, such as your local pharmacist or 111.nhs.uk

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Urgent Treatment Centre

Trafford Urgent Treatment Centre (UTC) specialises in seeing and treating patients with minor injuries and illnesses. Patients are encouraged to contact NHS 111 either online or by phone if they have an urgent but not life-threatening medical issue, so that an appointment with arrival time can be booked for them. Patients are also able to walk into the Urgent Treatment Centre, if necessary.



Mental Health Support

This free 24/7 mental health crisis helpline is available in Trafford: **0800 953 0285**.

If it's an emergency and you're worried about your safety, go to your nearest A&E.



A&E

Only go to A&E if it's an emergency.

People with the most serious conditions will be seen first, so you may need to wait. Only call 999 if someone's life is at risk and you can't get to a hospital.

Calls to 111 are free (landline and mobile) and it's available 24/7, 365 days a year. You'll firstly talk to an advisor but healthcare professionals are also available for expert advice.

If you need help in British Sign Language (BSL), visit signvideo.co.uk/nhs111.

If you have a hearing problem, use text relay. Call 18001 111 using the Relay UK app or a text phone.

For help in other languages call 111 and ask for an interpreter.